

ODM - Ocular Diabetes Mellitus

ODM-AP ANATOMY AND PHYSIOLOGY

OUTCOME: The patient/family will understand anatomy and physiology as it relates to Ocular Diabetes Mellitus (ODM).

STANDARDS:

1. Explain the normal anatomy and physiology of the eye.
2. Discuss the changes to anatomy and physiology as a result of ODM.
3. Discuss the impact of these changes on the patient's health or well-being.

ODM-C COMPLICATIONS

OUTCOME: The patient will understand the ocular complications of diabetes.

STANDARDS:

1. Explain that the ocular complications of diabetes result from high blood glucose and that good control of blood glucose helps prevent loss of vision.
2. Discuss that glaucoma, cataracts, vision loss and/or blindness are complications of Ocular Diabetes Mellitus (ODM).

ODM-DP DISEASE PROCESS

OUTCOME: The patient/family will understand the effect of diabetes on the patient's eyes and vision.

STANDARDS:

1. Review the current information regarding ocular diabetes. Explain that diabetic retinopathy is a result of retinal ischemia and edema which can result in vision loss or total blindness.
2. Discuss that microvascular changes secondary to hyperglycemia can lead to retinal detachment and blindness.
3. Explain that high blood glucose levels can cause swelling of the lens of the eye which can result in blurred vision which may resolve when the blood glucose is under good control. Control blood glucose before ordering new glasses.

ODM-FU FOLLOW-UP

OUTCOME: The patient/family will understand the importance of follow-up in the treatment of Ocular Diabetes Mellitus (ODM).

STANDARDS:

1. Discuss the importance of follow-up care.
2. Discuss the procedure and process for obtaining follow-up appointments and that follow-up appointments be kept.
3. Emphasize that full participation of the treatment plan is the responsibility of the patient/family.
4. Discuss signs/symptoms that should prompt immediate follow-up.
5. Discuss the availability of community resources and support services and refer as appropriate.

ODM-L LITERATURE

OUTCOME: The patient/family will receive literature about ocular diabetes.

STANDARDS:

1. Provide the patient/family with literature on ocular diabetes.
2. Discuss the content of the literature.

ODM-LA LIFESTYLE ADAPTATIONS

OUTCOME: The patient/family will understand the lifestyle adaptations for Ocular Diabetes Mellitus (ODM).

STANDARDS:

1. Explain that lifestyle adaptations are the key components to preventing or delaying the progression of ODM.
2. Emphasize that nutrition and physical activity aid in weight loss and are critical components in addressing insulin resistance.
3. Explain that use of tobacco products can exacerbate the disease process and lead to loss of vision.

ODM-LT LASER THERAPY

OUTCOME: The patient/family will understand the proposed procedure, including the indications, complications, and alternatives, as well as, possible results of non-treatment.

STANDARDS:

1. Discuss the indications, risks, and benefits of the proposed procedure as well as the alternatives and the risk of non-treatment.
2. Explain the process and what is expected after the procedure.
3. Explain the necessary preparation for the procedure.

4. Discuss pain management as appropriate.

ODM-M MEDICATIONS

OUTCOME: The patient/family will understand the purpose, proper use, and expected outcomes of prescribed drug therapy.

STANDARDS:

1. Describe the name, strength, purpose, dosing directions, and storage of the medication.
2. Discuss the risks, benefits, and common or important side effects of the medication and follow up as appropriate.
3. Discuss any significant drug/drug, drug/food, and alcohol interactions, as appropriate.
4. Discuss the importance of full participation with the medication plan and that this is the patient's responsibility. Discuss any barriers to full participation.
5. Discuss the importance of keeping a list of all current prescriptions and over-the-counter medicines, vitamins, herbs, traditional remedies, and supplements. Encourage the patient to bring this list and pill bottles to appointments for medication reconciliation.

ODM-PM PAIN MANAGEMENT

OUTCOME: The patient/family will understand that pain relief may be available.

STANDARDS:

1. Explain the pain scale and how it is used to assess the degree of pain individuals are experiencing. Discuss its use in developing a plan to manage pain.
2. Discuss the pain management options which are available.
3. Help the patient develop a plan to monitor and manage pain.
4. Discuss symptoms which should prompt an evaluation such as increasing pain unresponsive to the usual measures.

ODM-TE TESTS

OUTCOME: The patient/family will understand the test(s) to be performed, the potential risks, expected benefits, and the risks of non-testing.

STANDARDS:

1. Explain test(s) that have been ordered (explain as appropriate):
 - a. method of testing
 - b. necessity, benefits, and risks of test(s) to be performed

- c. any potential risk of refusal of recommended test(s)
 - d. any advance preparation and instructions required for the test(s)
 - e. how the results will be used for future medical decision-making
 - f. how to obtain the results of the test
2. Explain test results:
- a. meaning of the test results
 - b. follow-up tests may be ordered based on the results
 - c. how results will impact or effect the treatment plan
 - d. recommendations based on the test results

ODM-TLH TELE-HEALTH

OUTCOME: The patient/family will have a basic understanding of teleophthalmology.

STANDARDS:

1. Explain that digital images of the eye are acquired and transmitted to the qualified ophthalmologists for interpretation.
2. Explain the purpose of the assessment is for eye complications resulting from diabetes and that there is no preparation required.

ODM-TX TREATMENT

OUTCOME: The patient/family will understand the treatment plan.

STANDARDS:

1. Explain the treatment plan. Emphasize the importance of active participation by the patient/family in the development of and participation with treatment plan.
2. Discuss therapies that may be utilized.
3. Explain that various treatments have their own inherent risks, side effects, and expected benefits. Explain the risk/benefit of treatment and non-treatment.
4. Discuss the importance of maintaining a positive mental attitude.